

The Best Smile Care

with Dr. Robert Haake



Produced to improve your dental health and awareness

Summer 2009

fromthedentist

Back To School?

It's recare time!

It's an exciting time of year for your children – a fresh start, new expectations, and even a little trepidation. Remember to schedule your child's back-to-school dental exam!

We'll take this opportunity to give your child's teeth a thorough cleaning, and inspect their teeth for decay, discoloration, chips, cracks, and periodontal and orthodontic problems. Your teens may be more concerned with the look of their teeth and with the freshness of their breath. They may just need a simple reminder of the importance of good dental hygiene. If your child is sports-minded, we can fit them with a mouthguard to protect their teeth from injury. Remember, an ounce of prevention is worth a pound of cure!

We look forward to seeing your teens and little ones before the back-to-school rush!

Yours in good dental health,

Dr. Robert Haake

turnthepage

Get your sizzle back!

Keep oral cancer at bay!

Healthy gums: facts & tips!

Welcome To Our World

Check us out on-line

As part of our continued commitment to communicate with our patients, you can visit us 24 hours a day, 7 days a week on-line at www.roberthaakedds.com. Our website is a fantastic resource of information about our practice, including the dental treatments and services we provide, financial options available for you, patient testimonials ... you can even request your next appointment on-line. View our patient smile transformations by clicking-on the *Smile Gallery*; you'll be amazed at what we can do to enhance your smile!

In addition to helping us with our continuing education, the Internet will provide another medium in which we can discuss dental health and answer any of your questions. At our web site you can view various articles on dental health and new technologies and send us email. Feel free to comment or ask questions about any of our services via email. You can access our email from the web site or mail us directly at info@roberthaakedds.com.

Visit us online at www.roberthaakedds.com



Any time
...any day
...any
where...
we're just a
click away.

We Welcome New Patients



Our practice wants you to refer us to your family, friends and colleagues.

Did you know that the highest compliment you can give us is referring our practice to people you care about? Yes, your trust means the world to us, and fuels our commitment to raise the bar even higher on providing you and yours with excellent dental care. *Trust in those who have earned your trust and earn their trust in return.* We live by this motto and have enclosed our new referral card ... asking you to spread the word!

Thank you for all your referrals. We appreciate them!

4 STEPS ... In 3 minutes!

Flossing for three minutes once a day is essential to clean between your teeth and at the gumline where gum disease can take root. Choose a regular time, like bedtime, and a floss that works best for you – thick or thin, flavored or unflavored, waxed or unwaxed.

Floss each tooth thoroughly with a clean section of floss...

- Wind 18" of floss around the middle fingers of each hand. Pinch 1-2" of floss between your thumbs and index fingers.
- Use thumbs to direct floss between upper then lower teeth.
- Gently guide floss between your teeth by using a zigzag motion.
- Contour floss around the side of each tooth. Gently slide it up and down against each tooth surface and under the gumline until your teeth are "squeaky" clean.



Are You Progressing?

Why the answer just might surprise you!

Periodontal disease. The name has kind of a high falutin' ring to it. That's true of most Latin-based medical names. Believe us when we say that there's nothing grandiose about pain, bleeding, tooth loss, and bone loss due to inflammatory gum disease. This disease develops gradually over time if the natural film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria.

Periodontal disease is progressive...

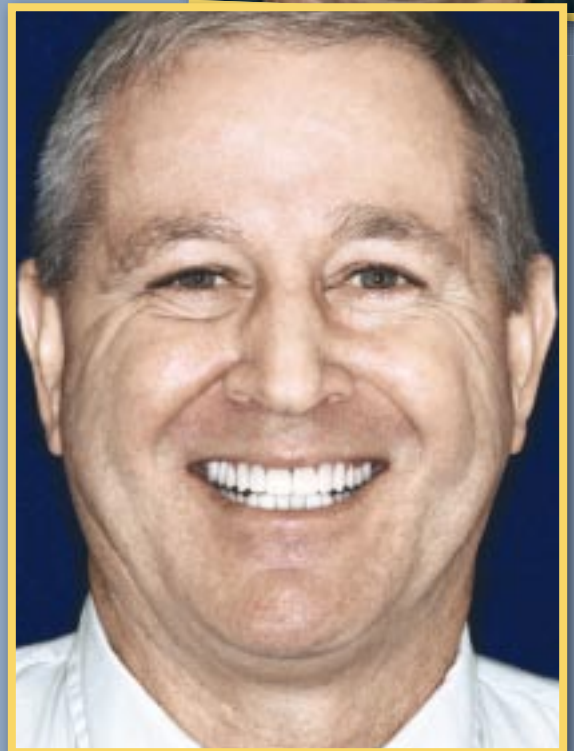
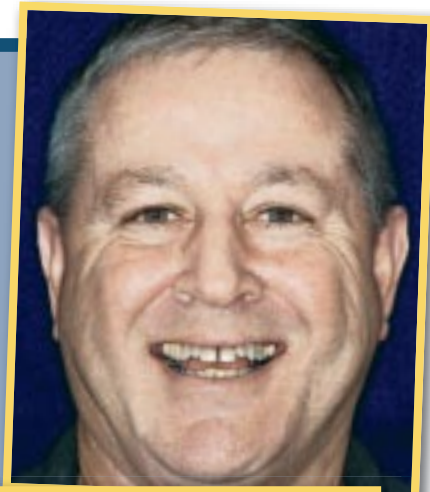
Gingivitis: Although healthy intact gums or gingivae act as a protective barrier against destructive bacteria, once damaged, they lose their effectiveness. Initially you might be symptom-free or experience mild symptoms of infection such as redness, swelling, and slight bleeding during brushing. This stage is relatively simple to treat and reverse.

Periodontitis: This is a more advanced infection, damaging the underlying ligaments and bone. Without intervention, your gums will shrivel away and expose your tooth roots, leading eventually to tooth loss.

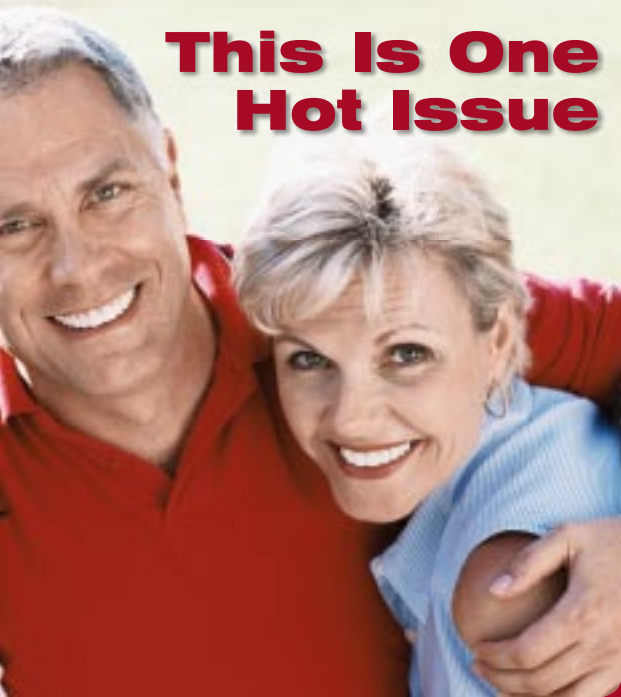
There are known risk factors for periodontal disease...

- **Tobacco consumption.**
- **Hormonal changes** during adolescence, pregnancy, mid-life.
- **Challenges to the immune system** including poor nutrition, stress, and systemic diseases like diabetes, cardiovascular disease, and arthritis.
- **Side effects from some medications.**
- **Clenching or grinding your teeth.**
- **Heredity.**
- **Barriers to good oral hygiene** include crowded teeth, ageing fillings and restorations, inconsistent home care routines, and missed recare appointments to remove plaque buildup and prevent gum disease.

Call us for an appointment – any time!



This Is One Hot Issue



Find out why you need to know about it

Scientists believe that chronic inflammation may be at the root of many debilitating illnesses. Imagine how much suffering could be relieved with a single magic-bullet solution that would cure or prevent inflammatory illnesses like heart disease, arthritis, cancers ...and gum disease.

Inflammation is your body's reaction to threatening pathogens. When the enemy has been destroyed,

inflammation should retreat until the next battle. That's called transitory inflammation. When the process stalls out and inflammation continues instead, the body attacks healthy cells in the absence of an invader. Scientists speculate that a long-running bacterial infection like gum disease can actually tip your body's balance toward chronic inflammation.

Gum disease has been associated with inflammatory diseases that include...

Osteoarthritis and **rheumatoid arthritis**

Diabetes

Cardiovascular diseases

Lung infections

Gum disease has also been associated with some **cancers**, complications of **pregnancy** and delivery, **osteoporosis**, and **kidney diseases** among other **systemic illnesses**. Monitoring of oral health is essential for everyone, but particularly if you suffer from a chronic inflammatory or systemic disease. Please keep us up to date so that we can optimize your oral care.

Practice Makes Perfect

Word to the wise!

Wise people practiced green fashion long before it became environmentally chic. Investing in classic quality pieces has always been the quintessential way to avoid unnecessary waste and expense. Same with your smile! When you invest in your oral health, two things happen. First, you avoid a lifetime of increasingly extensive and expensive dental work. And second, there's a bonus ... you can choose cosmetic procedures – dental or otherwise – with confidence.

Think about it. What is the point of cosmetically rejuvenating your face only to reveal puffy receding gums, or discolored, crooked, chipped or fractured teeth?

If you've never liked the look of your smile, or if your sizzle has aged into a sputter, we can provide cosmetic enhancements like teeth whitening, bonding, porcelain veneers, and gum sculpting. With oral health, the choice is yours.

Your healthy smile – it's sustainable – and empowering!

Live Life Well

Fight oral cancer

Knowing that the *lifestyle choices* you make can affect your risk for oral cancer is an important step toward its prevention. Although people who smoke or use smokeless tobacco remain at highest risk, for the great majority of those who do not use tobacco, dietary choices and physical activity are the most important modifiable factors of cancer risk.

Here are the *American Cancer Society's* recommendations for individual choices:

1. Eat a variety of *healthful foods*, with an emphasis on plant sources.
2. Adopt a *physically active* lifestyle.
3. Maintain a *healthful weight* throughout life.
4. If you drink alcoholic beverages, *limit consumption*. Alcohol combined with tobacco increases the risk of oral cancers.

Your other most important step? Regular dental exams. Oral cancer can be caught early, even as a pre-cancer.



Release Your Tension!

Treating temporomandibular problems

Do you suffer from tenderness in the jaw muscles or jaw joint, limited jaw opening, jaws that get stuck, unexplained facial or head pain, joint grating or clicking? Chances are you may be one of the sixty million Americans who have a condition called *temporomandibular joint disorder*. In spite of the fancy name, TMD is nothing to panic about. In most cases it can be diagnosed and treated in the dental office.

Restoring your jaw's harmony may require several kinds of treatment to reduce muscle tension, regain a stable bite, or rest and heal your jaw joint.

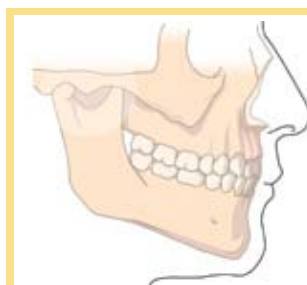
Jaw joint (or temporomandibular joint) problems develop for many reasons:

- Clenching and grinding teeth tightens jaw muscles.
- A bad bite caused by incorrect jaw growth may have misaligned your jaw joint.
- A blow or injury to the face or jaw

can easily displace or dislocate your jaw joint.

■ Other causes of TMJ disorder include worn, loose, or missing teeth, gum problems, poorly fitting dentures, oral habits like pen and pencil biting, nail biting, gum chewing, and sometimes even erupting wisdom teeth.

If you think you may have signs of jaw joint trouble ... relax! Thousands of patients with TMD have been diagnosed and treated successfully, with excellent results. The first step is to bring signs and symptoms to our attention during your next visit.



The lower jaw (mandible) is attached to the skull by a joint on each side of the face called the temporomandibular joint (TMJ). Any number of problems can prevent the TMJ from functioning properly.

officeinformation

Dr. Robert Haake

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Office Hours

Monday	closed
Tuesday	9:00 am – 5:00 pm
Wednesday	9:00 am – 6:00 pm
Thursday	9:00 am – 5:00 pm
Friday	8:30 am – 12:30 pm
Saturday	8:00 am – 12:30 pm

Contact Information

Office	(408) 258-4040
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Web site	www.roberthaakedds.com
Email	info@roberthaakedds.com

Office Staff

Regina	Front Desk
Teresa	Dental Assistant
Adrienne	Dental Assistant
Patricia	Dental Hygienist



A Routine That Works

Good brushing!

A few minutes exercising your toothbrush at least twice a day is enough to keep your mouth clean and fit.

A fresh toothbrush with a soft, rounded, nylon bristles has the best plaque-fighting power. Brush with the bristles held at a 45-degree angle to the gumline. Use a gentle back-and-forth or circular motion. For inside surfaces, tilt the brush vertically. An effective brushing should take about three minutes.

Your toothbrush has to be in good shape to do its job. If it becomes frayed, it's time to buy a new one. It's usually a good idea to replace it every three to four months.

If you aren't sure your daily brushing workout is as thorough as it should be, talk to us.

24/7 Dental ER

An emergency plan

For all emergencies, it is crucial to get treatment immediately. With our 24-hour care, we can evaluate the injury and make repairs quickly and safely.

Toothache – Pain can be sharp or generalized and throbbing. For temporary relief, apply a warm compress. If cheek is swollen, use a cool compress intermittently. Call us!

Chipped Or Broken Tooth – Prevention is the best medicine! For any sport where there's risk of contact (player/surface), please wear a professionally fitted mouthguard. If a tooth does get chipped, keep it and rinse it with warm water. Call us!

Knocked Out Tooth – Bite on a clean cloth to stop bleeding. For a permanent tooth, gently rinse it (do not scrub it), then place it back in its socket. Squeamish? Submerge the tooth in milk while you come to our office!